



# Handbook Online Conference 2020-1

[www.idealistic.eu](http://www.idealistic.eu)

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## 1 General Information

### Welcome to Zoom!

Due to the COVID-19 situation, the conference Milano 2020-1 has been transformed into an online conference. We are welcoming you all to the first conference in 2020. In Gothenburg we enjoyed a lot of interesting discussions about *Internationalisation* and got to publish two papers already. For this conference the main topic will be *Student Well-being*. Several times this topic has been included in different discussions. We will discuss the equal opportunities & diversity through students, financial aspects that lead to equal rights and mental health problems caused by this unexpected situation and by complications of life before COVID-19. These interesting aspects await you at the conference which will be on Zoom, on Friday 22nd of May 2020. Within the scope of this year's conference, we have decided to promote a panel discussion, inviting one important guest from each university to talk about distance teaching and what we will keep and learn from the experiences provoked by this difficult time away from our university campuses. The panel discussion will be on Saturday, the 23rd of May.

This conference handbook shall give you the opportunity to get ready for the conference and to discuss topics within your delegation / boards beforehand. We are looking forward to seeing you all on Zoom very soon! Do not hesitate to contact us in case of any questions.

Kind regards,  
Bibiana Prinoth & Marco Guerini  
your Co-Secretary-Generals



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**Programme for the Conference****Friday, 22nd of May**Zoom-Link: <https://ethz.zoom.us/j/92140128010>

<b>Time</b>	<b>Programme Point</b>
11:00 - 12:00	Casual chat to get to know each other & drink a coffee or tea (optional)
12:00 - 13:00	Lunch Break
13:00 - 13:30	Welcoming Ceremony special guest: Leslie
13:30 - 16:30	Workshop on Student Well-being (Part 1)
16:30 - 17:30	Coffee Break
17:30 - 19:30	Workshop on Student Well-being (Part 2)
19:30 - 21:00	Dinner Break
21:00 - 00:00	Social Time (optional)

**Saturday, 23rd of May**

The zoom invitation will be shared closer to the date.

<b>Time</b>	<b>Programme Point</b>
10:00 - 12:00	Re-branding workshop with Walvis&Mosmans
12:00 - 14:30	Break
14:30 - 15:00	IDEA League Competition
15:00 - 16:30	Panel Discussion about Distance Teaching
starting 16:30	Sum up the conference (same link as for Friday)

## 2 Participants

### 2.1 Co-Secretary Generals



Marco Guerini



Bibiana Prinoth

### 2.2 AStA der RWTH Aachen University



Aline Nüttgens



Alexander Schütt



Jannis Koesling



Carolin Weyrich



Aline Sylla



Johann Vohn

### 2.3 Rappresentanti degli studenti, Politecnico di Milano



Peru Larrabeiti



Giorgio Travaglini



Marco Airoidi



Matteo Oggioni



Tecla Trifilò

## 2.4 Studentenraad van de TU Delft



Coco Langens



Hielke Piera

## 2.5 Chalmers Studentkår



Emma Stavås



Dennis Norman



Emilia Sandolf



Emelie Björkman



Jonathan Sjölander



Anna Lindqvist



## 2.6 Verband der Studierenden an der ETH



Corentin Pfister



Luca Dahle



Johan Stettler



Mojgan  
Hosseinzadeh



Stella Harper



Yara Lille de Leon

### 3 Detailed Programme Points

In light of the different format of the conference, this section provides the details about the different programme points. The Friday is dedicated to the participants of the student councils focusing on the contributions IDEALiStiC can make to help the re-branding of IDEA League and the student well-being. On Saturday, we will hosts a competition among the students of our universities followed by a panel discussion with guests about distance teaching.

In this section, you can find the information about the workshops for the conference. The following shall give you an overview of the key questions and the material discussed. Please use it in order to prepare yourselves for the conference.

#### 3.1 Re-branding the IDEA League: IDEALiStiC as key Influencers.

We will first walk through the **IDEA League identity** (the heart and soul of the IDEA League) and the **IDEA League brand promise** (what engagement with IDEA League brings you). Then, our re-branding company Walvis and Mosmans will be working with IDEALiStiC to explore how to reach various 'university inhabitants' through digital means and in real life. We will be doing this with a number of mind-mapping techniques and exploring how to take students on the journey from being 'unaware' of IDEA League through to 'orientation' and 'action/engagement' with IDEA League staff and students. Finally we will explore what tools IDEALiStiC would need in order to be true IDEA League ambassadors within our universities.

To get to know the current status, please have a look at the following slides that were send to us by Nina: <https://bit.ly/2Kx9Y9Z>.

##### 3.1.1 Key questions to answer for preparation

- Which tools do you use to reach your students? And how do you reach your students the best?
- How are your students organized, what is the student 'landscape' at your university (for instance private: housing, communal housing etc, and social life: students / sports associations etc)

### 3.2 Student Well-being

With society steadily taking up more speed, the pressure already starts in kindergarten, when children are compared amongst each other. Who is better? Who runs faster? Who draws nicer? On the level of universities, students are exposed to constant academic pressure. Failure is not an option. There are many factors playing an important role, when we ask ourselves every now and then how we are feeling. **I'm fine** - probably one of the most common lies surely everyone has used at some point.

Though being a very broad topic which deserves and needs a lot more attention, we want to discuss some aspects of student well-being and if possible also link them to the COVID-19 situation. In this workshop, we narrow the topic down to three components which will be discussed in different groups. In the following you find the aimed schedule and the instructions for the preparations.



**3.2.1 Aimed Schedule of the Workshop**

<b>Time</b>	<b>Programme Point</b>
13:30 - 13:35	Short introduction
13:35 - 14:30	Presentations of student councils <i>(approximately 5 min + 2 min questions + time buffer)</i>
14:30 - 14:45	Splitting people based on their chosen subgroup <i>Break to get some air</i>
14:45 - 16:30	Working in subgroups <i>based on individual programmes</i>
16:30 - 17:30	Official coffee break
17:30 - 18:30	Presentations of output <i>(20 min each)</i>
18:30 - 19:30	Open discussion

### **3.2.2 Preparation**

Of course not only the workshop has to be planned, but also preparation from the participants side is required. There are two aspects we want you to prepare before the conference.

#### **1. Introduction Presentation**

In the beginning of the workshop, all participants will be together, listening to your presentations about the way your student council and your university is handling well-being. The presentation shall last approximately five minutes. After the presentation, the participants can ask questions in case anything is unclear. In order to prepare your presentation, please aim at answering the following key questions:

1. When it comes to student well-being: What are the measures your university / your student council takes? Are there any platforms?
2. Do you think your university is good at student well-being? Why or why not?
3. The COVID-19 situation does influence student well-being. In what ways? What does your university do to help? How does the student council help?
4. What are the major issues your students face in the context of student well-being (in times of COVID-19)?

Please hand in your presentations until Thursday, 21st of May, 23:59 CEST, using this link: <https://bit.ly/2Y9JEuv>.

#### **2. Splitting into subgroup**

After the introductory presentations, we will work in three groups on different aspects. Please already discuss beforehand, who is going to join which group and prepare yourselves according to the following sections. The goal is to have at least one person from each university in each group.

As we are planning breakout rooms during our zoom call, we need to know in advance, who is going to participate in which group. Please fill out this doodle accordingly, indicating your name and university: <https://ethz.doodle.com/poll/a7rsgf5q25hcy4n2>.

**Marco: Financial Aspects**

In recent days, many students and families are having more and more economic difficulties due the COVID-19 situation. Have you thought about funds for this purpose? Our universities usually handle financial problems of students in different ways, but in this crisis the financial problems are amplified. It is fundamental to share best practices and work on new ways together to tackle this situation. Also because students are feeling more and more disadvantaged today and it effects a lot students' mental health.

The group will start with a short presentation about how financial support works in each of our universities and then we will debate on how to increase students' chances reorganising those expenditures focusing on good and bad points that are effecting students well-being. To be prepared and join this group, you must revise how the financial support is given at your university and think about new ideas!

**Charlotte: Diversity**

During the conference in Gothenburg in November 2019, IDEALiStiC discussed the topic of diversity in the frame of internationalisation. The workshop aimed at finding the problems and solutions. The participants of the Gothenburg conference decided to produce a position paper on the topic of diversity and inclusion. A working group has been installed, which is lead by Charlotte (TU Delft). As diversity is a very difficult topic and one needs in-depth discussions about it. The working group has already come forward with detailed presentations about how diversity is handled at their universities. Nevertheless, the position paper needs more attention and this is why we decided to use the framework of student well-being to make a follow-up discussion, working towards this paper.

In the framework of this follow-up workshop, Charlotte prepares and introductory presentation about the current status. It is of great use if the members of the working group take part in this discussion of course, but this introduction offers the possibility for everyone to hop on the process and help creating this position paper. The goal of the workshop is to produce an action plan for writing the paper.

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**Bibi: Mental Health**

*Studying at a university is a delicate phase in any young person's life. It often involves a completely new environment and profoundly different studying requirements than what many students experienced in high school. Students have different relations with professors and their peers. And all of this often leads to new hardships and often innocuous habits can turn into dangerous psychological and physical habits. - University of Rome<sup>1</sup>*

Mental health is a very broad topic and to be honest, it comes along with a very subjective aspect as well. None of us is a psychologist, nor do we know everything about mental health, but everyone has experienced (or knows someone who did) one or the other situation, where mental health was a topic.

In this workshop we want to start from scratch, defining mental health in the context of student well-being, evaluating the problems and finding solutions or ideas on how to tackle them. We plan to spend a decent amount of time with the definition as this is most likely a tough task. As the workshop focuses on student well-being during COVID-19, we will try to put this into perspective.

In order to prepare for this workshop, we ask you to think of as many situations as possible where you or someone you know has been in touch with a "mental health" situation in the context of student life. What are the describing factors? How does your university aim at solving mental health issues, is there a platform or even a person you can approach?

**For the situations:** Note them down in a document on your laptop. Do not personalise them, we will discuss about it. If you feel uncomfortable writing something down, you don't have to of course. Try to describe the situations as short and as clear as possible, so one can understand it. Let us know, if anything is unclear or if you have any questions.

### **3.3 Panel Discussion on Distance Learning**

We will have a panel discussion on distance teaching on Saturday. The final plan for this day can be found here: [https://idealistic.eu/wp-content/uploads/2020/05/2020\\_1\\_Online\\_PanelDiscussion\\_DistanceTeaching.pdf](https://idealistic.eu/wp-content/uploads/2020/05/2020_1_Online_PanelDiscussion_DistanceTeaching.pdf)

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<sup>1</sup><https://www.uniroma1.it/en/pagina/health-and-well-being>